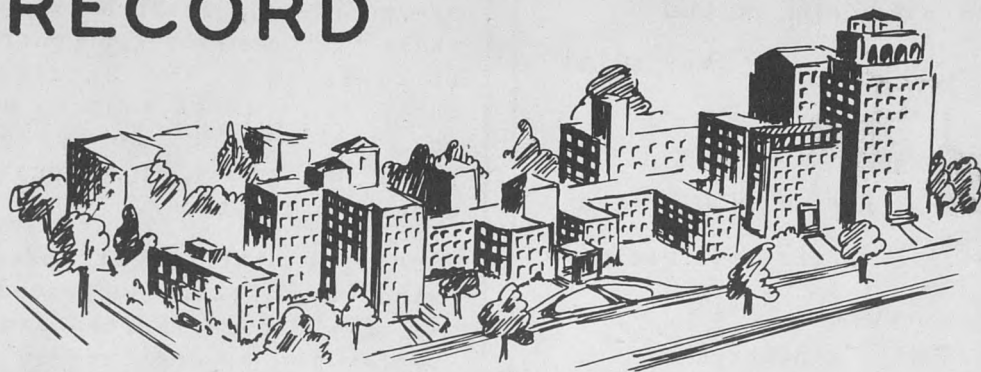


HOSPITAL RECORD



BARNES HOSPITAL
ST. LOUIS, MISSOURI

Volume 4 Number 5

May, 1950

PHYSICAL THERAPY -- AN AGE-OLD PRACTICE BROUGHT UP TO DATE!

Physical Therapy, although old as a healing art, is a relatively new profession born in the twentieth century. Parts of its practices go back to Hippocrates in 500 B.C. - the ancient Egyptians, Greeks, and Romans knew the value of sun, water, exercise and massage. But it was not until 1925, when Physical Therapy had demonstrated its worth after World War I, that full recognition was given to it as a separate profession. At the conclusion of the second World War, its activities expanded even more greatly.

Physical Therapy was instituted at Barnes in 1915, at which time it occupied that portion of the ground floor now occupied by 0400 Nursing Division. Some years later, it was moved to its present site at the western end of the ground floor of Barnes.

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Smiling ROSE MARIE SMITH, Receptionist in the Physical Therapy Department, is a shining example of the rehabilitation of a former polio patient.

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Vol. 4, No. 5

May, 1950

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Published in the interest of

BARNES HOSPITAL

600 S. Kingshighway

St. Louis, Missouri

SEES HOSPITALS THREATENED

At the recent annual meeting in Chicago of the American Protestant Hospital Association, which claims to represent 86 per cent of Protestant hospitals across the country, the task of outlining the course to be followed by Protestant hospitals was assigned to Dr. FRANK R. BRADLEY, Director of the Barnes Group.

In his speech on "Peering Into the Future," Dr. Bradley declared that the voluntary nonprofit hospitals are confronted with definite threats. "The various groups which work in and use hospitals, the hospital insurance plans and others are striving continuously to assert their influence and acquire more control over hospitals," he said. "The nursing department, the dietary department, the social service department, the pharmacy - all are setting up standards, making restrictions and asking for a greater voice in the conduct of our hospitals." This same trend, he observed, is beginning to find expression among "the rank-and-file employees, who, whether unionized or not, are demanding some share of control."

Coupled with what he termed the

"clamorings of such newcomers as preventive and restorative medicine," these "new demands for control" were interpreted by Dr. Bradley as "to some extent an attempt to muscle on a good thing, to share in the power and glory of a socially accepted institution."

Turning to the threat posed by the extension of state-supported hospitals, Dr. Bradley warned against any further tax expenditure on such institutions. Rejecting any federal subsidy as "found wealth" and therefore dangerous, he maintained that the trend in government subsidy assistance has "made it possible for the young, the immature, the eager, the crackpot, and unfortunately the evil man to have equal opportunity with the adult, the mature, the conservative, the sane and the good."

Dr. Bradley's plea was for a restoration of what he termed "free competition and the struggle for power" both in society and among hospitals. "The voluntary hospital idea paralyzes the profit motive of the capitalistic system," he observed. "The voluntary method is as American as pork and beans. We cannot escape the struggle for power. We must preserve free competition."

Dr. Bradley's advice was embodied in the only resolution voted by the 1,000 delegates representing some 500 hospitals. It voiced vigorous opposition to any form of government sponsored health insurance. Such a system, the resolution maintained, "would deprive the individual of free choice and free exercise of his own initiative in providing for his health."

Reprinted from an article in "THE CHRISTIAN CENTURY."

ADMINISTRATORS ATTEND MEETINGS

Dr. FRANK R. BRADLEY, Director of the Barnes Group, Mr. HARRY E. PANHORST, Associate Director of the Washington University Clinics, and Mr. ARTHUR COLTRIN, Intern in Hospital Administration, attended a Conference of University Courses (Programs) in Hospital Administration at Battle Creek, Michigan, on May 5 and 6, as the guests of the Division of Hospitals, W. K. Kellogg Foundation.

Subject matter of the Hospital Administration Courses was discussed at the interesting two-day meeting. The nursing problem was taken up with particular emphasis on supervisory training. "In-service" training was also discussed. This is a continuation of studies of both the formal and informal type, for employed hospital personnel at both the professional and non-professional levels.

Research in Hospital Administration was discussed at length. One item which maintained interest and led to a resolution, was one which called for research and intensive study on the part of the Courses in Hospital Administration of the supervisory problems peculiar to hospitals and suggestions for studies enabling hospitals to conduct courses in in-service training education in supervision.

GRADUATE EDUCATION IN ALLERGY

In a recent survey of hospital and medical college residencies and fellowships in allergy conducted by the Subcommittee on Graduate Education of the American Academy of Allergy, it was found that only seventeen institutions in the United States

PATIENT AT BARNES FIRST RECIPIENT OF LIONS CLUB PROJECTOR

Mr. JEAN SHULTS, a patient on 0300, is the first person in St. Louis to receive one of the projectors recently donated by the Lions Clubs of St. Louis. Each of the seven clubs in St. Louis has donated one of these projectors which flash microfilmed material on the ceiling so that bedridden patients may read a whole book without exerting any more effort than that required to push a button to move the next microfilmed page of the book into position.

This projector service is to be administered through the St. Louis Public Library. Any physician may request a projector for his patient, and if one is available, a member of the Lions Club will pick it up at the Library, deliver it, and explain its operation to the patient. After a certain length of time, the projector will be returned to the Library by a member of the Lions Club so that it may be checked out to another patient elsewhere in the city. There is no charge for this service which is available to all invalids and bedridden patients either in hospitals or at home. The Library has a collection of some fifty film books available for this purpose.

offer facilities for this type of training. One of these institutions is Barnes Hospital, affiliated with Washington University School of Medicine.

Here the work is characteristic of a research fellow with added training in clinical medicine, the specialties related to allergy and the fundamental departments of Immunology and Bacteriology.

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PHYSICAL THERAPY -- AN AGE-OLD PRACTICE BROUGHT UP TO DATE!

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Many people have the erroneous idea that polio patients are the only people treated by this department, and although arthritis and diseases of the nervous system (including polio) do comprise about eighty per cent of all cases treated in Physical Medicine, scores of orthopedic, traumatic surgery, and pediatric patients are treated each month. For instance, teaching amputees how to use their newly acquired artificial limbs is one of the very vital functions of Physical Therapy.



Norwegian-born AAGOT BOHMER, Therapist, and RALPH KNURBEIN, Physical Therapy Aide who was a former polio victim himself, put a patient through her paces on the exercise table. This type of therapy in which the patient takes an active part in the treatment is one of the most important types employed.



Chief Therapist, RUTH BENZ, assists a patient in his treatment in the "whirlpool," a form of hydrotherapy used extensively in Physical Therapy.

By far the most important type of therapy used is *therapeutic exercise*, in which the patient himself takes an active part in the treatment. Important also are the *passive* forms of therapy which are administered by the therapists. *Heat therapy* is a much used treatment of the passive type. This includes *diathermy* (the infra-red lamp being a widely known example) and *fever therapy*. In the latter type of treatment, the patient's temperature is artificially raised to a very high degree - higher than the survival temperature of the particular disease being treated. With the discovery of the new antibiotics such as penicillin, however, fever therapy is not so widely used now as

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PHYSICAL THERAPY --AN AGE-OLD PRACTICE BROUGHT UP TO DATE!

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Formerly. Other forms of passive therapy include *massage*, *ultra violet* treatment, *hydrotherapy*, in which immersion and exercise of the affected areas in warm water is the keynote, and *electrotherapy*, in which electrical stimulation of the muscles is involved.

About two-thirds of the patients in Physical Therapy are "out patients." The other one-third are patients currently in the hospital. There is an average of about sixty patient visits per day, and when one learns that there is an average of about three types of treatment for each patient, it is easy to understand why Physical Medicine is one of the busiest departments in the hospital. Therapists RUTH BENZ, MARGARET BORTH, AAGOT BOHMER, and LORRAINE LAKE are all essential members of the team that work together toward the goal of rehabilitation of the disabled.

Through the Physical Therapy Department, headed by DR. SEDGWICK MEAD, passes continually a moving picture of humanity from all walks of life - each person representing a challenge in the need for a different approach, a different treatment. Dr. Mead is hopeful that very soon the proposed new two-story rehabilitation center will be erected as a part of our Medical Group, so that the already fine work of the Physical Therapy Department can continue on an even greater and more widely expanded scale.

Have you heard of the fellow who quit his job in the boiler factory because his partner hummed incessantly?

MEET ERNEST L. HAMPE, VOLUNTEER WORKER

Back in the fall of 1944, a St. Louis businessman read an article in a local newspaper telling of the urgent need for volunteer workers in the hospitals. The Social Planning Council at that time was conducting a series of courses in which laymen might learn how to sterilize instruments, take temperatures, squeeze fruit juices, make beds with mitered corners, and otherwise aid the overcrowded and understaffed local hospitals. ERNEST L. HAMPE, a manufacturer's representative for a textile firm, promptly enrolled in the course, and upon his graduation in October, 1944, began his career as a volunteer worker at Barnes Hospital.

This, in itself, is not so unusual, but the fact that he's still going strong almost six years later, long after most wartime aides slipped into peacetime apathy, is something that deserves special recognition. At the present time, he has about 2200 hours of service to his credit and shows no sign of letting up any time soon. He is usually assigned to the men's medical or surgical wards but occasionally works over in the Private Pavilion. He comes in about two or three times a week from 6:30 to 9:30, and has become a familiar figure to everyone.

Mr. Hampe not only likes his work but actually waxes enthusiastic. As he said in a statement to the St. Louis Post Dispatch which ran a special article on him a year or so ago: "I've taken care of some of the nicest people in St. Louis out here. Congressmen, doctors, lawyers,

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KNOW YOUR STAFF

Pet peeve of Miss MARY JEAN LUTHI is having her name mispronounced, and so, if you want to stay in her good graces, always remember to lisp when you say her last name! Calling her "Miss Lucy" is the quickest way we know to get on her black list.

The oldest in a family of three children, Miss Luthi was born in Madison, Kansas, in the heart of the wheat country. When asked how she happened to become interested in dietetics as a career, she frankly admits that for a time it was a toss-up as to whether she would be a dress designer or a dietitian. However, she finally settled on the latter, mainly because it seemed to be the more unusual of the two professions.

She received her B.S. degree in foods and nutrition at Kansas State College where she was a member of Kappa Kappa Gamma sorority. Her dietary internship was served at Indiana University where she also did some graduate work.

Miss Luthi came to Barnes in the fall of 1948, starting out as a dietitian in the Private Pavilion, a position she held for about a year. A short period of relief work in the Cafeteria followed this, after which she became dietitian in charge of the Clinic Lunch Counter, Mc-Millan Lunch Counter, and the Soda Fountain. On April 1 of this year, she was promoted to her present position as Associate Educational Director of the Dietary Department.

In her new role as school marm, Miss Luthi teaches nutrition to the medical and dental students and the student nurses, as well as directing the education of the dietary interns. She has a nice new office adjacent to the lobby classroom, and, needless to say, likes her work very much.

She shares an apartment with another dietitian, and, believe it or not, both like to cook in their spare time - something of a busman's holiday, we'd say! She loves to sew, and designs most of her own clothes. She likes to play tennis and is quite a baseball and football fan. Earlier this month, Miss Luthi was one of the fortunate people who attended the classic Kentucky Derby. (We haven't been able to find out if she picked a winner or not!) She doesn't care too much for movies, but adores the legitimate theater and attends as often as possible.

One of the most exciting things she has to look forward to at present, is the prospect of a trip to Europe next year with her family. For someone with Miss Luthi's interest in foods and fashions, the Continental cuisine and Paris styles should prove to be an absolute delight.



STAFF PHOTOGRAPH -- 1950

1950 SOFTBALL SEASON GETS UNDERWAY!

The 1950 softball season got officially underway on May 4, when Medicine defeated Surgery by a score of 8 to 7.

Although outhit by Surgery, 9 hits to 6, Medicine took advantage of a streak of wildness in Surgery's pitching to push across 2 runs in the last half of the seventh inning. 2 walks, a single, and a double accounted for the extra tallies for Medicine.

MUNRO was the heavy slugger for Surgery with 3 singles. STEWART and ROSECAN shared honors for Medicine; Stewart with a single and a homer and Rosecan with a single and a double.

The softball games are played every Thursday on the diamond at Sarah and Clayton Avenues at 6:00 P.M. Everyone is urged to come out and support his favorite team. They tell us that these doctors play a pretty exciting brand of ball!

Submitted by HOWARD HEHNER

ON THE SCENE

Congratulations to Dr. and Mrs. CROFFORD VERMILLION on the birth of a baby daughter. The new arrival was born May 10, at Maternity Hospital and has been named Janet Irene. NANCY SHASHY, Technician in Blood Chemistry, has just returned from a glorious two-week vacation in Florida and Alabama. --- Our deepest sympathy goes to CLEASTER DUNIGAN, Pantry Maid, whose sister died earlier this month. --- ANGIE LAURY, Barnes Record Library, has chosen June 3 for her marriage to James A. Dwyer. The ceremony will take place at St. Rose's Church. Angie and Jim have been busy planning and building

MEET ERNEST L. HAMPE, VOLUNTEER WORKER (Continued from Page 5)

businessmen, people high in social life. I find it refreshing meeting the different classes of people, and you find them in their true state here. There's no putting on or sham; they're just as they are. It doesn't make any difference who you are when you get sick. Most of the patients are pleasant and grateful for the least service." Mr. Hampe went on to say: "I feel flattered that I'm permitted to come out here to an institution as nationally known as Barnes and help out. The work here isn't only interesting but it's been as beneficial to me as it has to the patients. I believe," he concluded, "that if a lot more people took this up they'd forget all about their own ailments, pains, and ills."

GRADUATE EDUCATION IN ALLERGY (Continued from Page 3)

At most of the seventeen institutions the term is one year, sometimes renewable for one or two more years. In all cases there is close contact with the departments of Otorhinology and of Dermatology. Opportunities for research are available and the resident is encouraged to interest himself in the basic sciences of Immunology and Bacteriology.

their new home out in Des Peres. There has also been a lot of wedding excitement in the Clinical Mic Lab. CAROL EMERSON, Technician, is planning a June wedding at Newport, Rhode Island, to Jerry Commons, a Medical Student at Washington U. -- Everyone is hoping for a speedy recovery for LORRAINE LAKE, Physical Therapist, who is in the hospital following an operation.